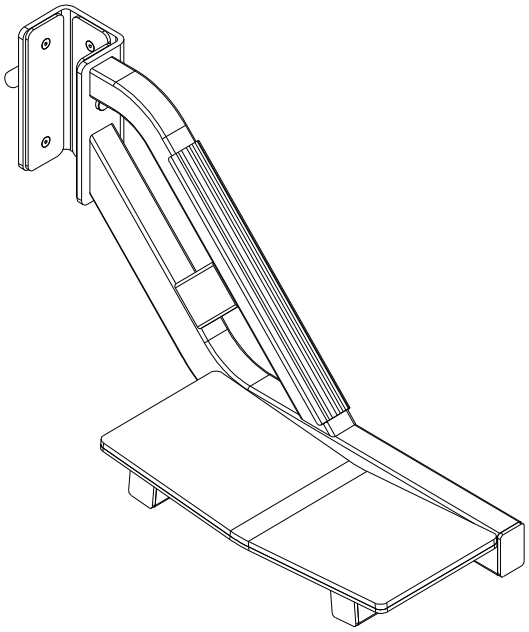
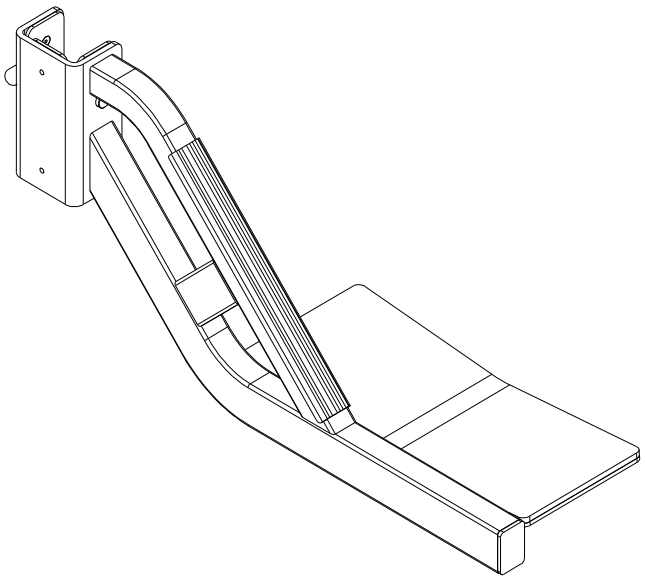
HAMMER STRENGTH®

OLYMPIC HEAVY DUTY TECHNIQUE TRAYS (OHDTT)





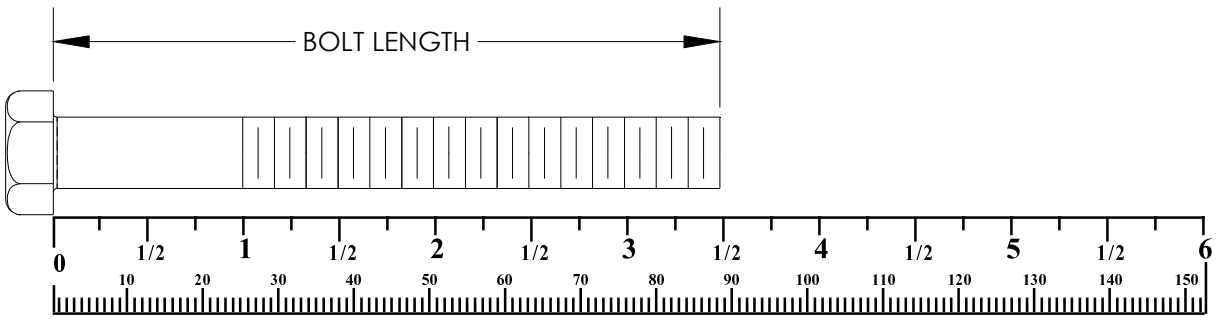
ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	7648201	LEFT TECHNIQUE TRAY	1		2	7648401	RIGHT TECHNIQUE TRAY	1

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



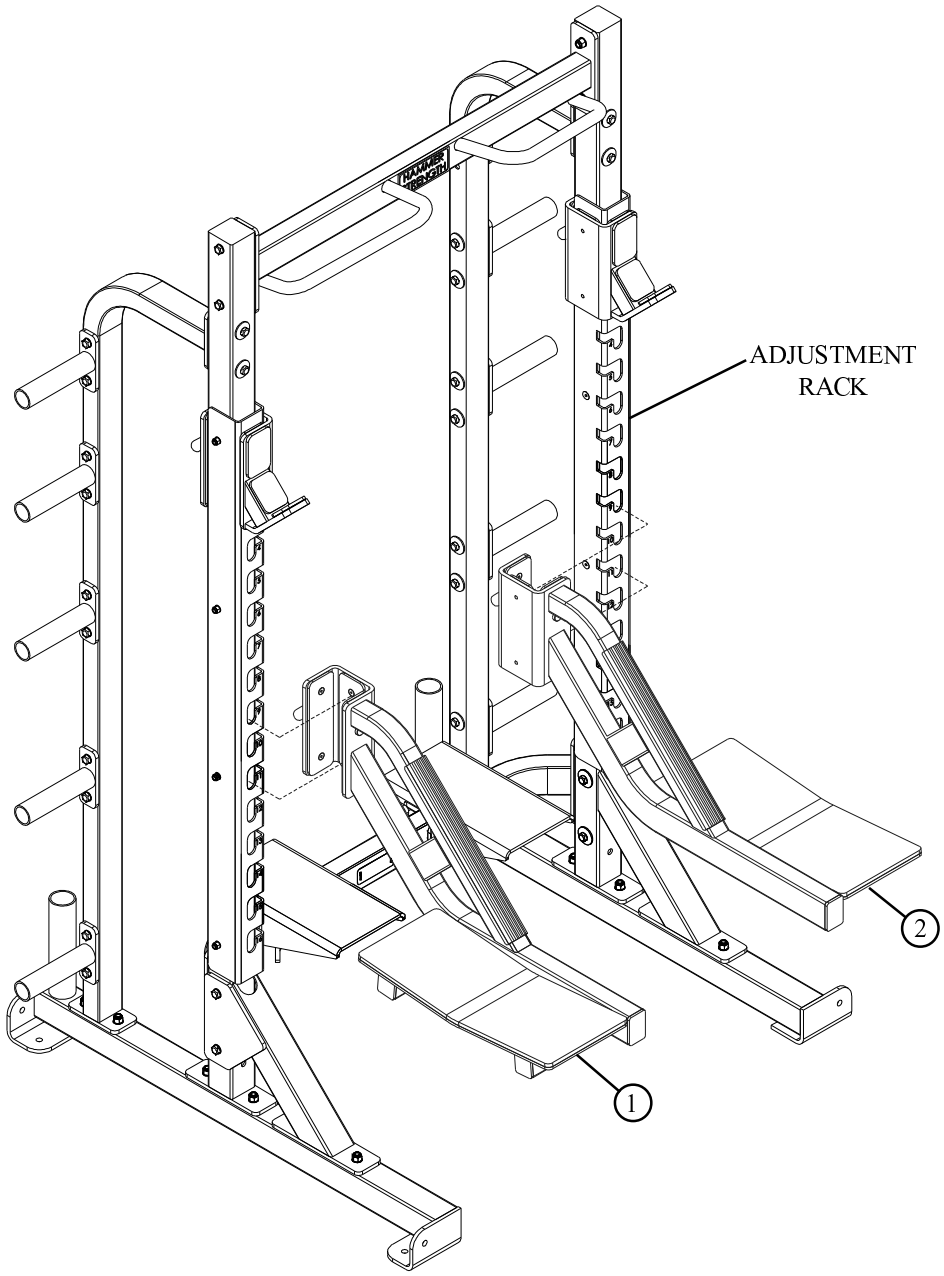


FIGURE 1

STEP 1:

- Insert the LEFT TECHNIQUE TRAY (1) into the desired slots of the LEFT ADJUSTMENT RACK, and allow it to drop down to lock in place. See FIGURE 1.
- Repeat the above step to assemble the RIGHT TECHNIQUE TRAY (2) to the RIGHT ADJUSTMENT RACK.

Thank you for purchasing the OLYMPIC HEAVY DUTY TECHNIQUE TRAYS. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	Upholstery and Any Items Not Specified

CONTACT INFORMATION

United States, Canada, Latin America	Europe, Africa, Middle East	Asia Pacific	United Kingdom
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PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.